

Tefal[®]

Healthy & Tasty Rice Cooker

Up to **-20%** Carbs on White Rice*



*Test conducted by an independent laboratory showing 19.8% reduction in carbs of rice cooked with Healthy Rice program vs regular Rice program



Recommended by
Celebrity Chef Eric
Tefal Brand Ambassador

1

ENJOY HEALTHY RICE THAT DOESN'T COMPROMISE ON TASTE

Healthy Rice Cooking Program



=



Unique healthy basket

An exclusive technology

- 15 successive rinsing cycles to isolate starch

How does it work?

1. Put the rice in the specific basket



2. Add water to the cooking pot



3. Put the basket on the pot



4. Start the "Healthy Rice" program



A cooking process in 2 steps

Step 1
Rinsing phase



+

Step 2
Steam cooking



=



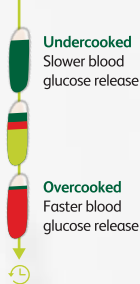
Automatic rinsing cycles with specific temperature and duration for optimal result

There is no contact between the rice and cooking water, which contains starch

At the end of the cooking process

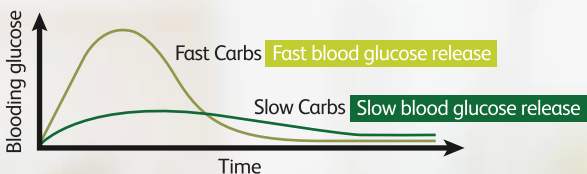
The starch removed from the rice remains in the water inside the cooking pot. 98 % of the starch in the cooking water is Rapidly Digestible Starch (RDS)*





Did you know?

Rice is mainly composed of a slow carb, **starch** for about **90%**



- Starch is a complex carbohydrate (= **slow carb**)
- Slow carbs induce a **slight increase in blood glucose**, that then decreases very slowly.
- As a consequence you feel **naturally full**.
It helps to avoid snacking between meals.

Types of Starch

Slowly Digestible Starch (SDS)	Rapidly Digestible Starch (RDS)
Digested slowly and completely by your body.	Absorbed in your body rapidly and is usually the most abundant form found in starchy food.

Benefits

- Food with high SDS may be beneficial for **weight management**.
- They help you **feel full naturally**.
- They contribute to **avoid** snacking between meals.



Focus on Nutrition

- **Fast carbs trigger a burst of energy** as they are quickly digested and absorbed. They are used by **your body** during an intense exercise or at the beginning of an acute exercise.
- Slow carbs provide **more sustained energy**. They are used during a longer period of exercise.

3

GREAT VERSATILITY

Great variety with 12 cooking programs



Easy to use and clean
Digital display with glass control panel
with touch control buttons

- ✓ Healthy Rice
- ✓ Multigrain Rice
- ✓ Multigrain Congee
- ✓ Brown Rice
- ✓ Standard Rice
- ✓ Quick Rice
- ✓ Porridge
- ✓ Congee
- ✓ Soup
- ✓ Steam
- ✓ Reheat
- ✓ Keep Warm

COOKING PROGRAMS

Programs	Cooking Time		Preset		Keep Warm
	Default Time	Time Setting	Range	Time Setting	
Rice Cooking	auto	auto	Up to 24 hours	+/-10 min	Yes
Quick Cooking	auto	auto	Up to 24 hours	+/-10 min	Yes
Congee	90 min	60 - 120 min	Up to 24 hours	+/-10 min	Yes
Porridge	60 min	45 - 70 min	Up to 24 hours	+/-10 min	Yes
Soup	120 min	90 - 180 min	Up to 24 hours	+/-10 min	Yes
Steam	60 min	30 - 90 min	Up to 24 hours	+/-10 min	Yes
Reheat	auto	auto	-	-	Yes
Multigrain Rice	auto	auto	Up to 24 hours	+/-10 min	Yes
Multigrain Congee	90 min	60 - 120 min	Up to 24 hours	+/-10 min	Yes
Brown Rice	auto	auto	Up to 24 hours	+/-10 min	Yes
Healthy Rice	auto	auto	Up to 24 hours	+/-10 min	Yes
Keep Warm	auto	auto	-	-	Yes

Healthy & Tasty Rice Cooker

Model: RK8608



Features:

- Capacity: 1L (5 cups)
- Power: 800W
- **Unique 2-step cooking process for healthy white rice**
- **Exclusive Stainless Steel basket** for healthy rice cooking program
- **Induction heating technology** combined with exclusive **Spherical pot technology** ensures optimum cooking result
- **Durable** 6-layer 3mm thick Copper coated inner pot
- **12 Cooking Program with dedicated 'Healthy Rice' program**
- Accessories: Stainless Steel steam basket, steam tray, rice spoon, spatula & measuring cup
- Packing: 1; EAN Code: 3016661154553
- Reg. No. : 181073-12



Durable
3mm – 6mm
layers copper pot



Compact
size for
easy storage



Dishwasher
safe for
removable parts



Delayed start
Automatic keep
warm up to 24h

3 - Grain Savoury Rice

By Chef Eric



Cook Time:
60 min



Serves
8 pax



Prep Time:
15 min

Ingredients:

- 300g of Chicken thigh, diced
- 30g of Oyster sauce
- 2g of White pepper
- 5g of Sesame oil
- 5g of Sugar
- 300g of glutinous rice, soaked for 30 minutes and drained
- 150g of brown rice, rinsed and drained
- 100g of millet, washed and drained
- 150g of fresh corn kernel
- 50g of dried shrimp, soaked and drained
- 100g of Chinese dried mushroom, soaked and cut into diced
- 50g of Chinese dried duck liver sausage, diced
- 50g of Chinese dried pork liver sausage, diced
- 50g of Chinese Pork Sausage (lap cheong), diced
- 1 tbsp of cooking oil
- 700g of water
- 5g of salt
- 2g of pepper

Method:

1. Marinate the chicken and set aside for 30 minutes.
2. Add a tbsp of cooking oil into a pan and fry the dried sausages, dried shrimps and mushrooms over medium high heat till fragrant.
3. Place cooked ingredients together with marinated chicken, fresh corn, millet, both brown and glutinous rice and water into Tefal's Healthy & Tasty Rice Cooker and select Brown Rice Cooking mode.
4. Fluff rice with a spatula; mix well and serve.



Tefal®

©2019 Groupe SEB All right reserved. Groupe SEB reserves the right to make any changes in specifications and/or to discontinue any product at any time without notice and will not be liable for any consequences resulting from the use of this publication.



www.tefal.com.sg



TefalSingapore



TefalSingapore